

# A proper

new Booke of Cookery.

Declaryng what manner of  
meates is best in season, for all

tymes in the yeare, & how

they ought to be dressed

and serued at the table

both for flesh Dates

and fywe dayes,

(.:.)

With a new addition, very ne-

cessary for all them that

Delight in Co-

kerie,

Anno domini,

1576.

Book.

R

Robert

Smith

Just of the

W. C.

W. C.

220000 R

new books of  
to receive for  
interest in the  
of the year, a  
they ought to be  
and return at the  
both for the  
and the paper.

(.)

with a new addition, each  
cellar for all the  
delight in the



1775

**B** Katone is beste from a softe-  
 nyght before Michelmass tyll  
 Lent. Beefe and Bacon is  
 good at all tymes in the yeare.  
 utton is good at all tymes, but from  
 Easter to Whosomer is the worst. A fat  
 pigge is euer in season. A gosse is worst  
 in Whosomer moone, & beste in stubble  
 tyme, but when they be yonge greene  
 geese, then they be best. Cheate is best  
 in January and February, & all other  
 tyme good. Lambe and yonge kidde is  
 best betweene Christmas and Lent, &  
 good from Easter to Whitsontyde.  
 Mayde is euer good. Hennes be good at  
 all tymes, but best from Nouembze to  
 Lent. Hat capons be euer in season.  
 Pe cockes be euer good, but when they  
 be yonge and of good nature, they be  
 as good as felandes, and so be yonge  
 grouces. Signetes be best betweene  
 all Hallowen day at lent. A Mallard  
 is good after frost, tyll Candelmas,  
 so is a Toile and other wild foule that  
 swimmeth. A woodcocke is best from  
 October to lente: and so be all other  
 byrdes as Dulsels and Thysstels, Ro-  
 A. u. byus



kins, and such other Herons, Curlew  
crane Bulture, bustard, be at al times  
good. but best in winter, Pheasants, par  
tridge, & Tyle be ever good, but best  
whā they be taken w<sup>th</sup> a hawke. Quails  
and Larkes be ever in season, Conies  
be ever good, and so is a Doe. A hare is  
ever good, but best from October to  
Lent. A gelded Dere whether he be fa  
lome or redde is ever in season. A pol  
larde is special good in May, at midso  
mer he is a black, and is very good til  
holy Koodes day before Michelmas, so  
likewise is a stag, but he is principall  
in Maye, A barren Doe is best in win  
ter. A pycket and a sozell sytter, is  
ever in season. Chekins be ever  
good, and so be Biglions if  
they be yonge.

¶ Here after foloweth the order of  
meates how they must be ser  
ued at the Table, wyth  
their sauces for flesh  
daies at diner.

¶ The first course.

Potage



**of Cookery.**

**Porage** o2 **stewed broth,**  
**Boyled meate** o2 **stewed meate,**  
**Chekins and bacun,**  
**Powdered beys,**  
**Pyes,**  
**Goole,**  
**Pyge,**  
**Kosted beys,**  
**Custarde,**

**The second course,**

**Kosted Lambe,**  
**Kosted Capons,**  
**Kosted Connies,**  
**Chekins,**  
**Pebennes,**  
**Baked venison,**  
**Sarte.**

**The first service at supper.**

**A sallete,**  
**A pygges petytoe.**  
**Powdered beys sliced,**  
**A shoulder of mutton o2 a B. e.**  
**Meale,**  
**Lambe,**  
**Custarde.**

**A. 14.**

**The**

**The seconde course.**

**Capons roasted,**  
**Connies roasted,**  
**Chekyngs roasted,**  
**Pigeons roasted,**  
**Larkes roasted,**  
**Pyre of Pigeons or chekyngs,**  
**Baked venison,**  
**Tarte.**

**The service at dinner**

**A dosen of Quayles**  
**A dysh of Larkes.**  
**Two pasties of red beate in a dysh.**  
**Tarte,**  
**Genger bread.**  
**Fritters.**

**Service for fesh dayes.**

**Butter,**  
**A sallet with harde egges.**  
**A stage of sand Cles & Lamperys.**  
**Redd hearinge, greene boyled fra,**  
**wed vpon.**  
**Whyte hearinge,**  
**Lyngs,**  
**Haberdyn,**  
**Salte Hamon minced,**

**Emp**

**The Booke**  
Two patties of salt water in a dish  
A custarde.  
A pottage of wheat.

**The seconde course.**

Jellye.  
Pecoke. Sauce wine and salt.  
Two conies of halfe a dosen rabbits.  
Sauce mustard and suger.  
Hare a dosen of pigeons.  
Guillarde.  
Toyle. Sauce mustard & berges  
Gulled.  
Stozke.  
Veronshome.  
Crabbe. Sauce galentens  
Curlew,  
Wittard,  
Barnard,  
Kefant, Sauce water & salt with  
onions slyced.  
Halfe a dosen woodcocks,  
Sauce mustard and suger.  
Halfe a dosen partryges,  
Halfe a dosen beyles,  
Sauce as the Kefantes.  
A.iiij.



**Dozen of Quailles**  
**Apythe of Larkes.**

**Two pasties of red beere in a pye**  
**Larte,**

**Conger bzean,**  
**Fritters.**

**¶ Services for fyth dayes.**

**¶ Butter.**

**A sallet with harde egges.**

**Potage of sandeles & lamperns.**

**Head bearinge, greene hyppled straw**  
**wed upon.**

**White bearinge,**

**Lynge, Mustard.**

**Haburdyn,**

**Salte Samon minced,**

**Sauce, Mustard and Mergys and**

**lytle Sugar.**

**Powdered Conger**

**Shade**

**Markell,**

**Wyltunge**

**Sauce with the ly-**

**uer and mustard.**

**Playce,**

**Sauce, sozell, oz wyne, &**

**salt oz mustard oz bergis**

**thornebacke.**

**Sauce, liner & mus-**

**tard, pepper, and salte stramed up-**

**on after it is bryled.**

**Fresh Cod.**

**Sauce, greensauce.**

**Dale**

**Date.**

**Spillet.**

**Celes upon soppes.**

**Roche upon soppes.**

**Wersche ddaye a soppes.**

**Pyke in pykesauce.**

**Wroute upon soppes.**

**Wensche in gelly of gresyll.**

**Custard.**

**The second course.**

**Flourmers of flikes pikelance.**

**Fresh balmon.**

**Fresh Conger.**

**Bzette.**

**Sauce vinge.**

**Carbnt.**

**Walghut.**

**Beame upon soppes.**

**Carpe upon soppes.**

**Holes of any other fyshes fryed.**

**Kosted Celery.**

**Kosted Lampens.**

**Kosted Lampes.**

**Fresh Surgeon.**

**Craves.**

**Crabbe.**

**Bezimpes.**

**Baked Lamprey.**

**Carte**

**Zarte,**  
**Egges,**  
**Apples.**

**Cheese**  
**Almonds**

**Almondes blanches,**

**To make a Crabbe**

**First take a way all the legges, and**  
**the heads, and then take out the fish out**  
**of the shel, and make the shel as cleane**  
**as ye can, & put the meate into a dish,**  
**and butter it upon a chaffing dish of**  
**coles, & put thereto cinnamon & sugar,**  
**and a lytle vinegar, & whē ye haue cha**  
**fed it, season it, then put the meate**  
**in the shell againe, & broile the heades**  
**and set them upon the dysh, and**  
**serue it.**

**To make a stewed brache for**  
**pons mutton, beyle or another,**

**hote meate,**

**brath of almondes,**

**of fresh beere,**

**Take halfe a handfull of Rose**

**mary, and as much of lime, and**

**bind it in a burdett, & a thred,**

**after it is washen, and put it in the**

**pot after that the pot is cleane scum**

**mede, let it boyle a while the cut fops**

**of**

**of**

**of**



of whitt bread, and put them in a great  
charger & put on the same scaldyngs  
booth: when it is soot enough, straine  
it through a strainer with a quantity of  
wine or good ale, so that it be not tart  
and when it is strayned, powre it in a  
pot, and then put in your raysons and  
prunes, & so let the boile til the meate  
be ynough. If the bratbe be to swete  
put in the more wyne, or els a lytle vi  
negar.

**To make pyes.**

Pies of mutton or beife must be fine  
minced & seasoned with pepper & salt,  
and a litle saffron to colour it suet or  
marow a good quantity, a litle vinger  
pymes, great raylin & dates, take the  
fattest of the brath of powdered beefe, &  
if thou wilt haue paste royal, take but  
fer and yolkes of egges, and temper  
the flower to make the paste.

**To bake Menelson.**

Take nothing but pepper & salt, but  
let it haue thogh, and if the Menelson  
be leane, tart it through with pason.

**To rost Menelson.**

Roasted Menelson must haue Wyne  
ger

### The booke

ger, ginger, & Cinamon, and butter boy-  
led vpon a chafingdish with coales but  
the sauce may not be to tart, and then  
lay the venison vpon the sauce.

### Chikens vpon loppes

Take sozel sauce a good quantitie, &  
put in Cinamon and Ginger, and let it  
boyle, and powder it vpon the loppes.  
Then lay on the chikins.

¶ A pike sauce for a pike, breme, perch  
roche, carpe, eels, floykes, & all  
maner of fysh.

Take a poise of rosemary and tyme.  
and binde them together, & put in also  
a quantitie of parsley not bounde, and  
put into the caudye of water, salt, and  
yell, and the herbes and let them boyle  
a pretty while, then put in the fish, and  
a good quantitie of butter, and let them  
boyle a good season, and you shall haue  
good pike sauce.

For all these fyshes aboue written if  
they must be broyled, take sauce for the  
butter, pepper, and muiger, and boyle  
it vpon a chafingdish and then lay the  
broiled fysh vpon the dish, but for eels  
and fresh salmon nothing but pepper &  
butter



## **of Cookery.**

**Syneger ouer boyled.**

And also if you wil fry them, you must take a good quantitie of parsely, after the fish is fryed put in the parsely into the frying pan, & let it fry in the butter and take it vp, and put it on the fryed fish, and fry Blance, Whiting, & such other fish, except Eels, fresh Salmon Conger, which be neuer fryed but baken, boyled, roasted or soden.

**To make a custarde.**

A custard, the colin must be first hardened in the ouen, & then take a quart of cream and .v. or .vi. yolkes of Egges, in the cream, & put in suger and smal rayns & dates sliced, and put into the colin butter or els marrow, but on the fish dayes put in butter.

## **Here after foloweth a newe Booke of Cookerye.**

**To make a cleare Jelly.**

Take two calves lute and shoulde of Weale, and set it vpon the fyre, in a sayze pottle wyth a gallon of Water, and



### The booke

and a gallan of claret wyne, than let it boyle till it be Jelly, and then take it bp and straine it, and put thereto Sympson, Synger and Sugar, and a lytle Turnelole to colour it after your discretion.

### To make a dyshfull of Snowe.

Take a pottle of sweete thicke cream, and the whites of eyght egges, & beate them altogether with a spoane, then put them in your Creame and a saucer full of Rosewater, and a dysh full of sugar withall, then take a stick and make it cleane, and then cut it in the end foure square, & therewith beat all the aforesayd thinges together and ener as it ryseth take it of and put it into a collyander: this done, take an apple and set it in the middes of it, and a thick bushe of Rosemary, and set it in the middes of the platter, then cast your Snowe vpon the Rosemary, and fyll your platter therewith. And if you haue wafers, cast some in withall, and thus serue them forth.

### To frye Beanes, Take your Beanes and boyle them and

of Cokery.

and put them into a frying pan with  
a dish of butter and one or two onions  
and let them fry til they be browne  
altogether, then call salt vpon them,  
and then serue them forth.

How to make a pan pisse.

Take the white of a cocke wyters  
and for his pisse take a quantity of ale  
and a litle yest and sugar, spice, and  
saffron, then beat it in a chafin dish &  
put it into your stow with the yolke of  
a rawe egge, and so after this manner  
make up your pisse.

How to make a blewe manger.

Take a capon and cut out the brayne  
of him alyue and perboyle the brayne  
til the flesh come from the bone & then  
drye him as drye as you can in a sayle  
cloth, then take a payre of carres, and  
carde him as fual as is possible, & then  
take a pottle of milke & a pottle of cre-  
ame, halfe a pounce of rye flower, and  
your carded brayne of the capon, &  
put all into a pan, and stirre it all toge-  
ther and let it vpon the fyre, & when it  
beginneth



### **The Booke**

beginneth to boyle, put thereto halfe a pound of beaten Sugar, & a saucer full of Rofewater, & so let it boyle tyll it be very thicke, then put it into a charger tyl it be colde, and then ye maylice it as ye do licche, and so serue it in.

### **To make pyes of green apples**

Take your apples & pare them cleane and core the as ye wil a Quince then make your cofin after this maner, take a lytle fayre water, and halfe a dysh of butter, and a lytle saffron, and set all this vpon a chafingdish tyl it be hote, then temper your flower wth the said liquor, & the white of .y. egges, and a lye make your cofin & season your apples with Cinamon, Ginger and Sugar, is enough. The put them into your cofin and lay half a dysh of butter aboue the and so close your cofin, & so bake them

### **To bake chekins in lyke maner.**

Take your chekins and season them with a litle ginger and salt, and so put them into your cofin, & so put in ther Barberico



### **The Booke**

herbertes, grapes, or gooseberries, and  
halfe a dish of butter, so close the vp, &  
lett them in the oven, & when they are  
baked, take the yolkes of. vi. egges & a  
dish full of bergis, & grate the through  
a straguer, & set it vpon a chafyn dish  
to keepe warme your baked chickens. & put  
thereto the foresaid egges and bergis,  
and thus serue them hote.

**To bake pigeons in shorte past**  
as you make to your  
baked apples.

Season your pigeons with pepper  
salt, or cloves and more, with bergis  
& ale, then put them into your past,  
and so close them vp, and bake them,  
they will bake in halfe an houre, then  
take them forth, and if ye thinke them  
dry, take a little bergis and butter, and  
put it to them, and so serue them.

### **To make Mantes.**

Take the bones of Ale, and per  
boyle the til they be tender, then take  
chop them small with the yolkes of. iij.  
of this egge, then season it with dates  
small cut, and small Keysons gynger

## The Booke

suger, synamon salton, & a litle, salte,  
and so; the paste so lay it in, take a bo-  
sen of egges, both the whyte & the yol-  
les, and beat them wel together, then  
take butter, and put it into a frynge  
pan, and frye them as thin as a pan-  
cake, then lays yont stufte therein, and  
so fry them together in a pan, and cast  
suger and ginger vpon it, and so serue  
it foozth.

### To make pefcoddes.

Take mary bones and pull the mary  
whole out of the, & cut it into two par-  
tes, then season it with suger, synamon  
gynger, & a litle salte, and make your  
paste as fyne as ye can, and as thotte  
and thin as ye can, then frye them in  
swete Oyl and cast vpon them a litle  
synamon & gynger, and so serue them  
at the table.

### To make Roke frytters.

Take the same stufte that you tooke  
to a vante, that same paste ye take for  
Pefcoddes, and ye may fry them in Oyl  
bake them.

### To stowe Tripes.

Take a pynt of claret wine, and set a

### of Cookery.

It vpon the fyre, and cut your tripes in  
small peeces, and thereto put in a good  
quantitie of sawan and ginger, and  
also a sliced onion or twaine, and so  
let them boile halfe an houre, and then  
serue them vpon loppes,

ANOTHER TO MAKE A PYE OF EGGS,

TO MAKE A PYE OF EGGS,

Take a legge of mutton and cut it in  
foure litres, & for stuffinge of the same  
take perfectly, time & saute, & chop the  
small reysons, dates cut with mace, &  
the yolkes of hard egges chopt small &  
small reysons, dates cut with mace, &  
a litle salt, then lay al these in y<sup>e</sup> dretts  
& then role them together. This done  
make your pye and lay al these therein  
then seald them with a litle sugar &  
Cynamon, saffron and isle then call  
vpon them the yolkes of thre or foure  
harde egges, and cut dates with smal  
raylings, so close your pye, and bake  
him. Then for a syrope for it, take fo-  
sted bread and a litle claret wine, and  
crayne them thin together, and put  
thereto a litle sugar, Cynamon, & gin-  
ger, and put it into your pye, and then  
serue it soo;th.



### **The Boke**

**To make most pacht for a currie.**

Take fyne flower & a currie of sayre water, and a dysh of swete butter & a lytle saffron, & the yolkes of two egges and make it thin, and as tender as ye maye.

**To make a tart of beanes.**

Take beanes & boyle them tender in sayre water, then take them oute and breake them in a morter & strain them with the yolkes of foure egges curdes made of mylke, then season vp with suger and halfe a dysh of butter, and a lytle synamon and bake it.

**To make a tarte of Goseberies.**

Take Goseberies & perpoyl them in white wine, claret, or ale, & boyle with al a lytle white bread, then take them vp, & dyaun them throughe a strainer as thicke as you can w<sup>th</sup> the yolkes of fyve egges, then season it vp with suger, and halfe a dysh of butter. so bake it.

**To make a tarte of meblers.**

Take meblers when they be rotten, & braye them with the yolkes of .iii. egges, then season it vp with suger & synamon & swete butter, and so bake it.

**To**

of Cookery.

To make a tart of damsons.

Take damsons & boile them in wine  
eyther red or claret, & put thereto a do-  
zen pears, or els white bread to make  
them stiffe withall, & strain the vp w  
the yolkes of fye egges, and swete but-  
ter, and so bake it vp.

To make a tarte of bozage  
flours.

Take Bozage floures and perpoyle  
them tender, then straine them wth  
the yolkes of thre or foure egges and  
swete cordes, or els take thre or foure  
apples and perpoile them withal, and  
straine the with swete butter and a  
littell mace, and so bake it.

To make a tarte of Marygoldes.

Wyntroses or Cowslippes.

Take the same stuffe to cherpe of  
them that you do to the tart of bozage  
seasoning the same in lyke sort.

To make a tarte of Strawberies.

Take & strayn them with the yolkes  
of foure egges and a little white bread  
grated, then season it vp with Sugar  
and swete butter, and so bake it.

To make a tarte of Cherries.

Take al thyng that ye do to the tart



of Damsons so that ye put no Beeres  
thereto.

To make a tarte of Spinage.

Take Spinage and perboyle it tender, then take it up & wyng out the water cleane, & chop it very smal, and set it upon the fyre with sweete butter in a frying pan, and season it, and set it in a platter to cole, then fyl vp your tarte, and so bake it.

To make a tart of Chese.

Take hard Chese and cut it in slices and pare it then laye it in faire water or in sweete mylke, the space of three houres, then take it up & breake it in a mortar tyll it be smal, then drawe it up through a strainer with the yolkes of fyr egges, and season it with suger and sweete butter and so bake it.

To make a stew after the gyle  
of beyonde the sea.

Take a pottle of fayre water and as much wyne, & a breist of Button, chapt in peeces, the set it on the fyre, & leame it cleane, then put thereto a dyshfull of sliced onions, & a quantity of Camado, ginger, cloves & mace, with salt, and

stew



Put them altogether, and then serue them with toppes.

To make egges in Rhoynethine.

Take a dish of Rose water and a dish full of sugar, & let the upon a chafing dish & let them boile, then take the yolkes of. viii. or. ix. egges new laid, & put them thereto, euery one fro other & so let the harden a litle, and so after this maner serue them forth, & cast a litle synamon and sugar vpon them.

To make an apple moyse.

Take a dosen of apples, & either rost or boyle them, & draw them thzough a strainer, & the yolkes of thzee or foure egges withall & as ye straine the, temper them with thze or foure spones full of damaske water if ye wil, then take and season it with Sugar, and halfe a dysh of swete butter, & boyle them vpon a chafingdish in a platter, and cast byskettes or synamon and ginger vpon them, and so serue them forth.

To frye Trypes

Take your Trypes and cut them in small peeces, and put them into a pan, and cut thereto an onion or two, and a

dyth of swete butter, and let them fry  
tyl they be browne, and then take the  
cut, and set them vpon a chafin gowle,  
and put thereto a litle beeing and cin-  
ger, and serue it.

To make a tart of pynes.

Take pynes and let them vpon a  
chafin with a litle red wyne, and put ti er  
to a man: bet, and let the boyle together.  
then draine them throughte a strainer  
with the yolkes of foure egges, and as  
son it vp with sugar, and so take it.

To make a coner tart after the  
frenche fashion.

Take a pint of creamie and the yolkes  
of .x. egges, and beate them altogether, and  
put thereto halfe a cith of swete butter  
and sugar, and boyle the til they be thicke,  
then take them vp, and coole them in a plas-  
ter, and make a couple of cakes of this  
paece, and lay your fenne in one of them,  
and coner it with the other, and cut  
the vent above, and so take it.

To strow capons in a tite brethe.

Take .iiii. c. fine brise bones to make  
your broth, then take them out when  
they are sodden, and strain the broth  
in a



## of Cookery.

into another pot, then put in your Capons, with whole rosemary, & put the into the pot, and let them steeve, & after they have boiled a while, put in whole mace bound in a white cloth, & a hand full of thyme of whole parsleye, and whole pyunes, & let them boyle well, & at the taking up put a little vergis, & salt, and so draw them open seps, and the marptones above, and marrow lye whole about them, and to serve them sooth.

### For guet that may be aro- ther passage.

Take the brothe of the same capons & put it in a fayre chaster, then take a co-  
llin of vii. egges & tie them all toge-  
ther w<sup>th</sup> a l, then grate a farthing  
h<sup>ut</sup> lease as smal as you can, & mince  
it w<sup>th</sup> the egges altogether, and but  
thereto salt, & a good quantity of saffron  
as ye put in your egges, put into your  
broth thyme, sauerie, marjoram & pars-  
leye small chopped, & a trunpeate red  
to your liking, let the chaster open the  
fire with the bottle, and let it boyle  
a while, then put in y<sup>e</sup> vii. egges, & serve



## The Booke

it by well so quallinge the lesse. The  
lesse boilling it hath the more tender it  
will be, and then serue it forth two or  
three peeces, vpon a dishe.

### To make a white broth.

Take a neck of mutton & faire water  
and set it vpon the fyre, & scum it cleane  
and let it boyle halfe a way, than take  
forth of the broth two ladles ful, & put  
them in a platter than chop two hand  
fulles of persely not to smal, and let it  
boyle with the mutton, then take xii.  
egges, and the sayde two tables ful of  
broath & bergis, so that it be tarte of y  
bergis, & straine the altogether, than  
season your broth with salt, & a lytle  
before you go to dinner, put al these to  
your mutton, and sty it wel so quall  
ing, and serue it forth with soppes.

### Another broth with long mories.

Take mutton, & faire water, and let  
them boyle vpon the fyre, & then take  
lettuse or spinage & put therto, & if ye  
list to boyle therewith two or three che  
kins & put therto salt and bergis afte  
your discretion, & serue them forth, the  
flesh

flesh vnder, and the herbes above.

**To make a trayle at night.**

Take chickens heads, livers, gisards wings and fete, chop them in peeces of halfe an inch long, and boyle them altogether, & when the broth is almost soden away, chop a lyttle parflye, and put thereto vergis, and halfe a dish of butter, and so let them boile, and let it be tarte inough and so serue it in.

**To make Scwes:**

Take a rump of biese, & let it boyle an houre or two, & put thereto a great quantite of Colcemotes, and let them boyle together thre houre, then put to them a couple of stockstones, or Reales, Hesants, Watrises or suche other wylde foules, and let them boile altogether, then season them with salt and serue them forth.

**To make Porray.**

Take a Capon or a Henne, or els biese or mutton to make the broth sweete withal, and boyle them altogether tyl they be very tender then take the Capon or Hen out of the pot, and take out al the bones and laye them in a mortar with ij. pound of almonds.

ouer



## The booke

scort blanchen, then with the broth of  
your capon or hen strain them metely  
thicke, then put it into a litle pot & sea-  
son it with a litle sugar, saundres, clo-  
ues & mace, and small raisons, so boile  
him and serue him vpon soppes.

### To stew bones or gristels of beif.

Take gristels of beif and stew the as  
tender as you can, fyre houres, so that  
there be as much broth left as shall  
serue you at that time, than put a good  
bundel of Rosemary in a sayze linnen  
cloth, and a good quantity of mace in  
another cloth, & boile them altogether  
then wring out the iuice of the rosma-  
ry, and mace vpon the flesh, and season  
it with salt, and so serue it.

### For to stewe Mutton.

Take a necke of mutton, & a brest, to  
make the broth stronge, & than scum it  
clene, & whā it hath boyled a while take  
part of the broth and put it into ano-  
ther pot, & put therto a pounce of ray-  
sons, & let them boile til they be tender  
then straine a litle bread with the rei-  
sons & the brothe altogether, then chop  
time, sauerie and parsey, w other smal  
herbes

herbes, and put it into the cruston, the  
put in them strained Keysons, with  
whole pines, Cloues and Mace, pep-  
per saffron, and a little salt, and ye list  
ye may ste w a Chicken withal, or els  
Sparowes or such other litle birdes.

### To stewe Stakes of Mutton,

Take a legges of Mutton, and cut it  
in smal slices, put it in a chafer and put  
thereto a pottel of ale, & scum it cleane,  
then put thereto, by. or, by. enious thin  
sliced, and after they haue boyled one  
houre, put thereto a dish of sweet butter  
and so let them boile til they be tender  
then put thereto a litle pepper and salt

### For to make Wardens in conserue.

First make the syzope in this wise.  
take a quartie of good romney, and put  
in a pintie of clarified honey, a pound or  
a haile of suger, & mingle al these toge-  
ther ouer the fire tyll thy seeth, & then  
set it to coole. And this is a good syzope  
for many things, & wil be kept a yeare  
scrape cleane away the barke, but pare  
them



The booke  
shew not, and seethe them in good red  
wine, so that they bee wel soaked and  
tender, that the wine be nere hand so-  
ked into them, then take and straine  
them through a clothe, or through a  
strainer into a vessel, then put to the  
of this syrop asforesayd, tyl it be almost  
fylled, and then cast in the pouders, as  
fine canel, synamon, ponder of ginger  
and suche other, and put it in a bore  
and keepe it if thou wilt and make  
the syrop as thou wilt worke  
twenty wardens or more  
or lesse as by experi-  
ence may know  
and learne

(.°).

FINIS.

Printed at London for  
Alton & Wilson.



